

# Meet Freddy the **First Aid Frog**

CHILDREN'S EDUCATIONAL COLORING & ACTIVITY BOOK



Illustration & Design by  
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**First Aid Frog**



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*This book belongs to*

# **Hello there, I'm Freddy, the First Aid Frog!**



**What do you do when you get a bump? Or a bruise?  
Or a cut or a burn or a bug bite? When accidents happen,  
even kids can help if they know first aid.**

## **What exactly is first aid?**

**First aid means helping another person if they have been hurt or need help.**



**The first aid I'm talking about is for boo-boos and ouchies and owies! You can help if it's NOT a serious injury. If it is a serious injury – call 9-1-1.**

# Let's make a first aid kit.

Take a box and fill it with  
some basic supplies.



## **It's a good idea to learn first aid.**

**There are basic first aid classes through your local Red Cross, the YMCA or YWCA, the Boy or Girl Scouts, 4-H Clubs and other organizations.**



**You can also ask your school nurse to have a first aid class just for the students in your school.**

**It's scary to think about someone getting hurt, but accidents happen!**



**It's good to know what to do if someone needs emergency medical help.**

## Remember!!

**If there's a really serious problem – if someone is bleeding or unconscious - don't try to take care of it yourself.**



**Get help from a grown-up or call 9-1-1.**

**Always tell an adult  
if you get injured.**



**Especially if you cut yourself on something dirty, rusty,  
or if you get bitten or scratched by an animal.  
Bites and scratches may need special care because germs  
from the animal might get into the wound.**

# Bee Stings



**A bee will leave behind a stinger. Try to remove it as quickly as possible with a tweezer. Wash the area carefully with soap and water. A cold pack, or a cold, wet washcloth will make it feel better.**

## Minor Burns



**Cool the burn by holding it under cold running water.  
Cover the burn with a sterile gauze bandage.**

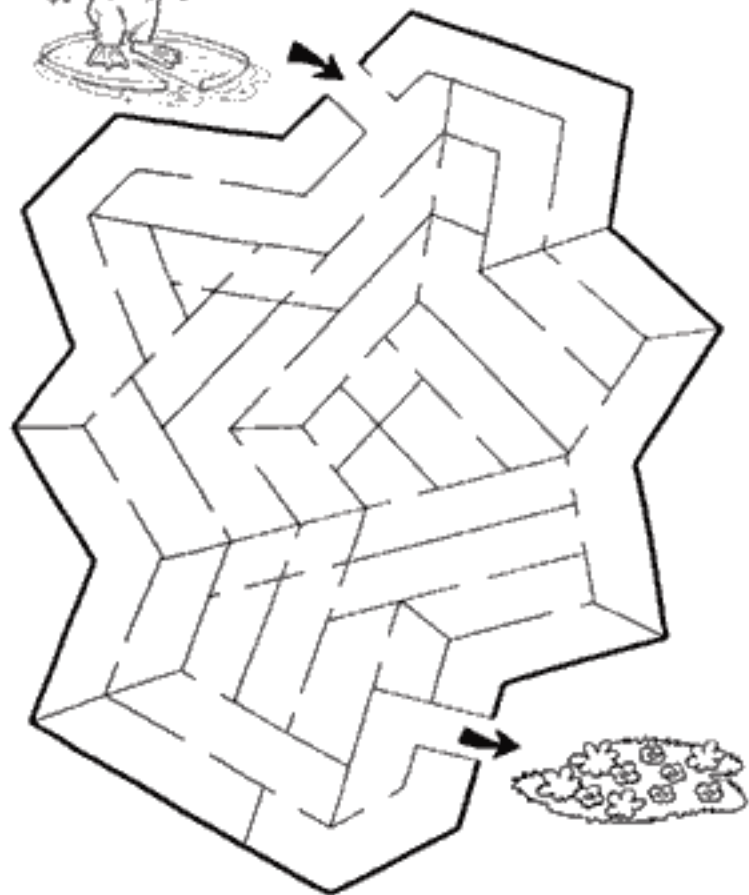
**The most important thing to remember about first aid is to keep calm.**



**Keep yourself safe and send for help if you need to.  
Just being there for your friend who is hurt  
will make her feel better.**

# A-MAZING!

Help Freddy find his way from his lily pad to the garden.



# THE WORDS ARE ALL MIXED-UP.



Can you unscramble the words?

**HINT:** The word begins with the letter in black.

1. **u**sct \_\_\_\_\_

2. r**u**nb \_\_\_\_\_

3. n**g**sit \_\_\_\_\_

4. t**r**hu \_\_\_\_\_

5. p**e**lh \_\_\_\_\_

6. j**u**niyr \_\_\_\_\_

7. o**a**ps \_\_\_\_\_

8. o**r**fg \_\_\_\_\_

# WHICH ONE IS DIFFERENT?





# FREDDY'S FILL IN FUN

Fill in the missing word.

1. Try to make a first aid \_\_\_\_.
2. Call 9-1-1 if it is a \_\_\_\_\_  
injury or problem.
3. Keep yourself safe when giving  
\_\_\_\_\_.
4. Always clean a cut to kill the  
\_\_\_\_\_.
5. Put cool \_\_\_\_\_ on a minor  
burn.

# Freddy's Favorite Funnies!

## QUESTIONS:

1. What happened to the frog's car when his parking meter expired?
2. What did the frog say when asked how his day went?
3. What is a frog's favorite kind of music?
4. Why are frogs so happy?
5. How does a frog feel when he has a broken leg?
6. What is a frog's favorite time?
7. What's green and sits in the corner?



## ANSWERS:

1. It got towed! 2. It was lousy! 3. Hip-hop. 4. They eat whatever bugs there!  
5. Unhappy. 6. Leap Year! 7. A naughty frog!

## Freddy The First Aid Frog

*I promise to take a first aid class,  
to make a first aid kit, and  
to help others if they are hurt.*

\_\_\_\_\_  
Sign your name here



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